

Fitness Trail

Station 7



Leg Lifts – 10 back, 10 left, 10 right

1. Face the wall, placing hands at shoulder height. Raise left foot back, kicking foot up towards the ceiling. Repeat 10 times on right.
2. Turn right so that your body is perpendicular to the wall. Using the wall for balance, raise your left leg 10 times to the side. Turn and repeat 10 times with right leg.